

## ABSTRACT

Portable stand, in particular a portable stand for holding and supporting video cameras, photo-cameras and other optical recording devices, consisting of an oblong basic body; a lower handle mounted to the lower end of the basic body by means of a first holding element, wherein  
5 said lower handle exhibits a fixing hook which engages a pin-like device of the first holding device and the fixing hook has an at least in parts threaded pin-like extension for receiving a first forked joint and a fixing screw, wherein said fixing screw is led through a grip surface of said first handle and said first forked joint is pressed onto or released from said first holding element through turning of the grip surface, in such a way that the position of said first handle is  
10 adjustable and fixable as desired; an upper handle mounted by means of a second holding element between the lower and the upper end of the basic body, wherein the upper handle exhibits a fixing hook engaging a pin-like device of said second holding element and the fixing hook has an at least in parts threaded pin-like extension for receiving a second forked joint and a fixing screw, wherein said fixing screw is led through a grip surface of said second handle and  
15 said second forked joint is pressed onto or released from said second holding element through turning said grip surface, in such a way that the position of said second handle is adjustable and fixable as desired; wherein said first and/or second grip surface of said first and/or second handle is detachable through unscrewing the respective fixing screw; and a connection plate provided at the upper end of the basic body for receiving the device to be carried.